

# Boy Scout Merit Badge Requirements



## WHITEWATER

The whitewater Merit Badge requirements are for the most part interchangeable between canoeing and Kayaking. The Scout may use either a canoe or Kayak to complete the requirements for this Merit Badge. In this exercise the Scout will use a Kayak.

Kayak Adventures is proud to be associated with the Otetiana Council of the Boy Scouts of American and to have the opportunity to offer assistance to Boy Scouts that wish to earn this Merit Badge. Following is a description of the requirement for this Merit Badge.



Kayaking in just plain fun!!

To earn this Merit Badge the Boy Scout must complete items 1 thru 14. Following each item you will find a Completion Key (CK) identifying who will be covering that information with you and during which Part of the program the information will be covered. Following the CK you will find the one of the following designations:

Leader = Your troop leader

KA = Your Kayak Adventures Instructor

Leader/KA = that either may cover this information

FLAT = this will be covered during the flat water portion of the instruction

RT = this portion will be covered during the River trip.

SKIP = it is not necessary to do this item to qualify for the Merit Badge.

For Example: CK-KA-RT Means that this portion of the instruction will be covered by Kayak Adventures during the River Trip.

## Requirements

1. Show that you know first aid for injuries or illnesses that could occur while working on the Whitewater merit badge, including hypothermia, heatstroke, heat exhaustion, dehydration, sunburn, insect stings, tick bites, blisters, and hyperventilation. (CK) = Leader
2. Do the following:
  - a. Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized. (CK) = Leader
  - b. Demonstrate proper technique for performing CPR using a training device approved by your counselor. (CK) = Leader

3. Before doing the other requirements earn the Canoeing merit badge, then do the following:
  - a. Demonstrate basic canoe-handling skills by completing the **Scout Gate Test** within 120 seconds while paddling tandem with a buddy. **(CK) = KA FLAT**
  - b. Review and compare BSA Safety Afloat and the American Whitewater Affiliation Safety Code and demonstrate your understanding of these principles by answering questions from your counselor. **(CK) = Leader**
4. Identify and explain the use of safety equipment on running water. **(CK) KA RT**
5. Explain the International Scale of River Difficulty and apply the scale to the stretch of river where you are practicing and demonstrating your whitewater skills. Identify the specific characteristics of the river that are factors in your classification according to the International Scale. **(CK) KA RT**
6. Explain how to scout and read a river both while afloat and from ashore. Explain open and closed V's, shoals with broken or dancing water, boils, strainers, broken drops, haystacks, dams, falls and lowhead obstructions, eddies, whirlpools, crosscurrents, flat rocks, standing waves, sheer drops, and heavy water. Demonstrate your ability to read the river where you are practicing and demonstrating your whitewater skills. **(CK) KA RT**
7. Explain the differences between flatwater and whitewater canoes/kayaks; identify the advantages and special uses for kayaks and decked canoes in running water. Identify the different materials used in modern whitewater canoe/kayak construction and the advantages and disadvantages of each. **(CK) KA RT**
8. Identify paddles designed for whitewater use and explain their special characteristics.

**(CK) KA FLAT**

9. Do ONE of the following:
  - a. Demonstrate paddle strokes in the bow position of an open canoe on running water, for forward movement, sideways movement, and backward movement. Repeat in the stern position. **(CK) SKIP**
  - b. Demonstrate forward, backward, and sideways movement on running water using a single- or double-bladed paddle in a kayak or decked canoe. **(CK) KA RT**
10. While paddling alone or with a partner in an open canoe, or while alone in a kayak, demonstrate forward and back ferry, eddy turn, peeling out of an eddy, and high and low braces. **(CK) KA RT**
11. Explain and demonstrate:
  - a. Self-rescue and procedures when capsized in running water
  - b. Safe rescue of others in various whitewater situations
  - c. Portaging -- when and how to do it
  - d. The whitewater buddy system using at least three persons and three craft

**(a-d) (CK) KA RT**

12. Discuss the use of inflatable boats on moving water. Explain how to safely outfit and use an inflatable boat in whitewater including the type of craft suited to certain water conditions, how to maneuver the craft on the water, and what special safety precautions should be taken when using an inflatable boat. **(CK) KA RT**

13. Explain the risks of "tubing" on moving water. (CK) KA RT

14. Participate in a 1-day whitewater trip for beginners. Help to prepare a written plan specifying route, schedule, equipment, safety precautions, and emergency procedures. Determine local rules and obtain permission from local property owners. Explain what steps you have taken to comply with the BSA Safety Afloat and the American Whitewater Affiliation Safety Code. Execute the plan with others. (CK) KA RT

BSA Advancement ID#: 125

Source: *Boy Scout Requirements*, #33215E, revised 2002

## **Scout Gate Test**

Your first exercise in preparing for the transition from flatwater to moving water is done on flatwater using the slalom gate and a stopwatch. This is called the Scout Gate Test. The required maneuvers and the time requirement simulate some of the demands and pressures of basic whitewater paddling. If you can complete the gate maneuver in 120 seconds while paddling tandem (2 people) in a Canoe or in a single Kayak, you have met the minimum requirements for continuing with the Merit Badge Instruction. But practice and improvement are the key to proficiency. Can you complete the gate run in 60 seconds? You can with practice. This is how you develop the skill, knowledge, and self confidence for safe and exciting whitewater adventure.

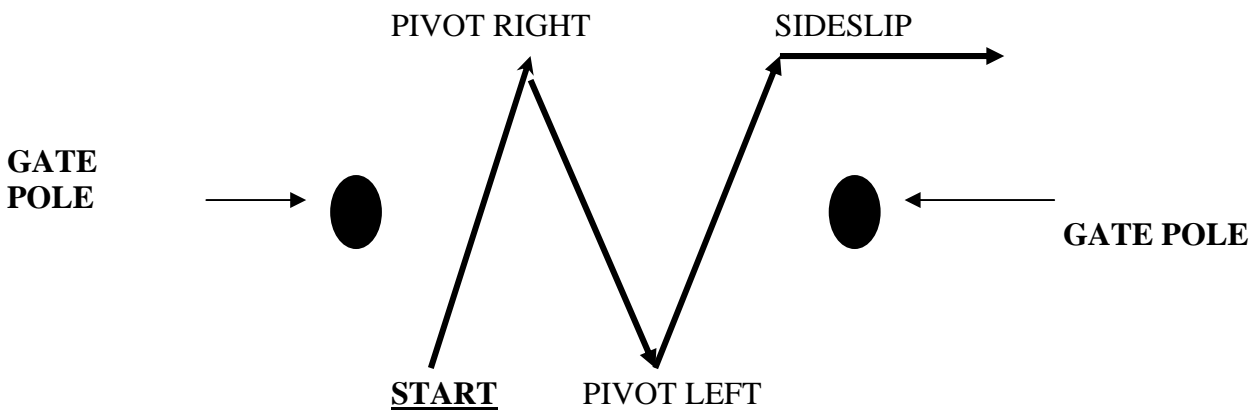
A slalom gate can be constructed by hanging two poles 4 feet apart, out over the water. The bottom tips of the poles should be about 2 inches above the water. Paint the poles different colors (red and green) to help with directions and signals while you are using the gate.

Gates on lakes may also be made of floats, or floats supporting upright poles. When using floats, you will need a 4-foot spreader about 20 inches under the water to keep the space open between the flats when the gate is being used.

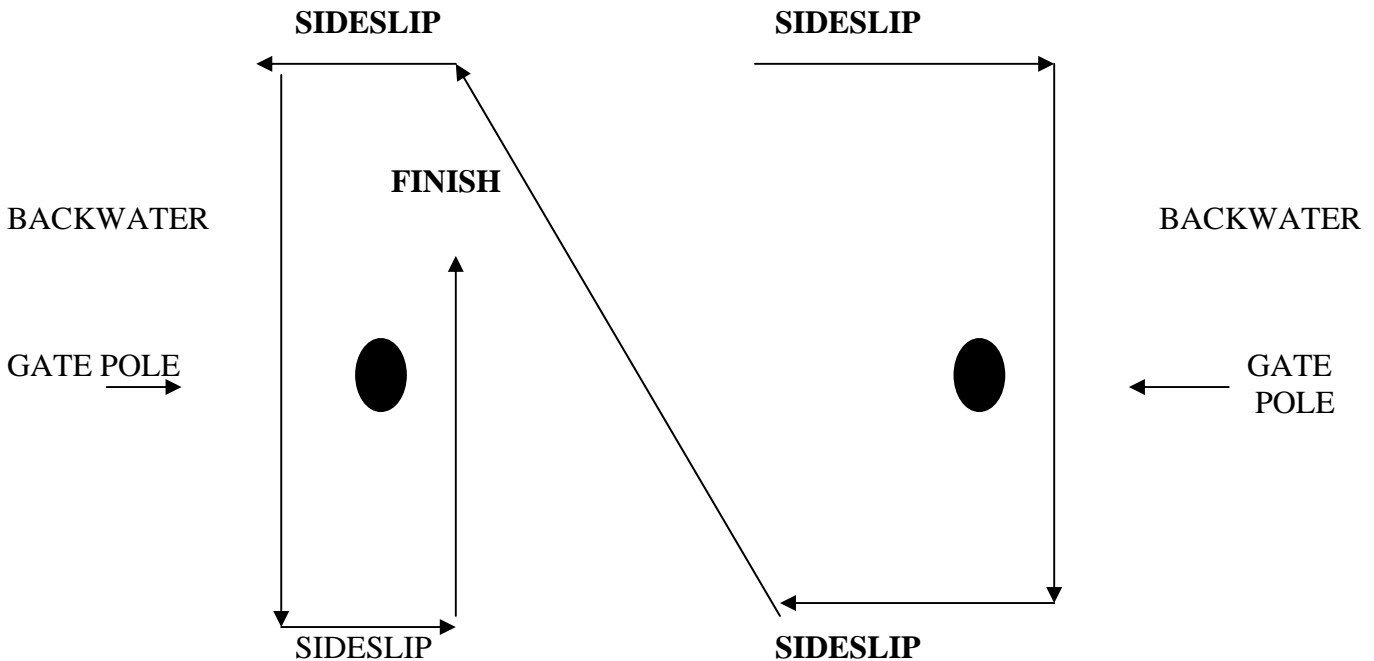
# Scout Gate Test Diagram

Your ready position for the first pass should be in front of the gate, with your bow just outside the gate. The five gate passes for the Scout Gate Test are as follows:

1. On the “go” signal, paddle through the gate, and pivot right.
2. Return thru the gate, and pivot left.
3. Return thru the gate, sideslip to the right.



4. Back up outside of the right pole, sideslip left, go forward through the gate, sideslip left.
5. Back up outside of the left pole, sideslip right, go forward through the gate.



# Registration Information

## Flat Water Session

Class length: Two three hour session at the Monroe Community College Pool

## River Trip

Class length: This generally requires a full day trip and can be done in the spring when things warm up. River Trips are done at the Rochester Canoe and Kayak park.

Note: Equipment provided by Kayak Adventures includes Kayaks, paddles, spray skirts Helmets, PFD's and paddling jackets and wet suits if needed. The Scout must provide nose plugs, river boots, clothing specific to weather conditions and a lunch or snack.

Flexible scheduling is available. Use any of the Introduction to Kayaking sessions or call Kayak Adventures at (585-377-1994) to custom fit a schedule for your troop.

**Class fee: \$50            For the winter pool session.**  
**\$25            For the full day river trip.**

**To Register for this class contact Art Miller at 585-377-1994.**